

(TMI Newsletter – May 9, 2013)

## JOURNEYS BEYOND BELIEF

**“I am more than my physical body. Because I am more than physical matter, I can perceive that which is greater than the physical world.”**

**— from the Gateway affirmation**

The three books written by Robert Monroe have changed for the better—are still changing—countless lives. They have offered relief from fear that we may be ill mentally or physically, they have given us a map by which to navigate realms of experience far outside of the conventional; they have provided a perspective on physical life and death that demolishes any substantive barrier between the two. Through his writings Bob has shone a bright light on the reality of life as a continuum. He did this in a way that contemporary minds can easily grasp.



Chapter 1 in ***Journeys Out of the Body*** (1971) contains the book's *raison d'être*, evoking both a positive future and the negative view of paranormal experiences generally held by mid-century America—

*The primary purposes for the release and publication of the material contained here are (1) that through dissemination as widely as possible some other human being—perhaps just one—may be saved from the agony and terror of trial and error in an area where there have been no concrete answers; that he may have comfort in the knowledge that others have had the same experiences; that he will recognize in himself the phenomenon and thus avoid the trauma of psychotherapy, or at the worst, mental breakdown and commitment to a mental*

*institution; and (2) that tomorrow or in the years to come, the formal, accepted sciences of our culture will expand their horizons, concepts, postulates and research to open wide the avenues and doorways intimated herein to the great enrichment of man's knowledge and understanding of himself and his complete environment.*

**Far Journeys** (1986), published 15 years after *Journeys Out of the Body*, finds Bob at the helm of a burgeoning research and educational organization. The success of *Journeys Out of the Body* resulted, in part, in an influx of readers eager to learn with the tools and technology available at The Monroe Institute of Applied Sciences. Using his own map as a guide, Bob developed week-long programs designed to train participants in the techniques of consciousness exploration.

Also during the interval between books, Bob experienced a dramatic shift, an evolution, in the quality and content of his OBEs.

From *Far Journeys*—

*Beginning in the seventies I began to feel a frustration, a limitation in my out-of-body activities. It is hard for some people to believe, I suppose, but such travels actually became boring. The early excitement had long passed....*

*In the spring of 1972, a decision was made that provided the answer. The limiting factor was my conscious mind. Therefore, if OOB decisions were left up to that part of me, as they had been, I would remain just as I was. I was too much in control—this left-brain "I." What would happen if I turned this decision-making process over to my total self (soul?), who was purportedly conversant with such activities.*

*[The following night Bob put it into practice.] ...I detached from the physical and floated free. I said in my conscious mind that the decision to do is to be made by my entire self. After waiting for what seemed only a few seconds, there was a tremendous surge, a movement, an energy in that familiar spatial blackness, and there began for me an entire new era in my out-of-body activities. Since that night, my nonphysical experiences have been almost totally due to this procedure.*

The interval between *JOOB* and *Far Journeys* saw the development of the first group training programs in which participants were introduced to [Focus levels](#). Perhaps as a result of having begun using the Gateway affirmation before each session, Explorers, during lab sessions and "after several years of finding only bareness"—

*...encountered intelligent beings who were more or less willing to communicate—and could do so... The effect upon us was overwhelming.*

Turning beliefs and Unknowns into Knowns became a practice that Bob followed and strongly encouraged. “Go and find out for yourself,” was his familiar admonishment to program participants. Only through focused intellect and a driving curiosity can we personally experience—and Know—the truth of our unlimitedness.

from ***Ultimate Journey*** (1994)—

*Fear is the great barrier to human growth.... As we grow older we learn more and more fears so that by the time we reach maturity we—or most of us—are loaded with them. We have grown physically, but our real growth, the realization of our true potential, has been sadly impeded.*

*Unknowns create fears. We may fear the darkness because we don't know what's there. A physical pain may create fear because we don't know what it may imply. When these Unknowns become Knowns the fears diminish and disappear and we are able to cope with whatever confronts us.*



*...The highways and byways of out-of-body adventures and exploration are broad and varied, for the most part beyond ordinary time-space concepts. We can understand only that portion which relates directly to the Earth Life System. We may attempt to report the rest of it—and it seems limitless—but we have no acceptable or compatible baseline of knowledge and experience to do this accurately. The problem lies in trying to understand it and to translate what you*

*find—to bring it back. Never be surprised when you return to the physical to find tears running down your cheeks.*

*What has happened is that you have gone off the edge of the Known map, and have returned with some previously important Unknowns now converted to Knowns. You may or may not convince others of this reality. Most do not try; the individual knowledge is enough.*

*Think how such knowledge—not belief or faith—would affect your own life pattern; the knowledge that you are indeed more than your physical body, that you do indeed survive physical death. These two Unknowns converted to Knows, with no conditions or contingencies—what a difference that would make!*

What a difference it does make.